

Celebrating Sisterhood
Since 2019



LAMBDA PSI NU. INC



Summer 2022 Newsletter

06.30.2022 | Welcoming The Line of
ABUNDANCE



Letter from The President

It is with great pleasure to announce the 2022 Annual Line Crossing "The Line of Abundance". We are excited to welcome over 80 new Sorors into the sisterhood! The 2022 Line crossing event was hosted by The Lambda Psi Nu Gamma Chapter from Virginia. The event was held at the Delta Hotel in Virginia Beach, Virginia and this location was amazing and was absolutely great for hosting all of our events and activities. The Conference started out with an awesome educational experience for all attendees to become a National Diabetes Navigator offering 6 CE's and Diabetes Navigator Certificate. Each attendee is charged with going back to their perspective communities providing education on how best to manage their Diabetes and aligning them with resources. Our goal is to improve the health and wellness of approximately 1,000 people. We had a pajama jam/game night meet and greet as forum of introduction of meeting awesome nurses from all over the country. We had a yacht party on the Spirit of Norfolk which led to a fun filled Barbeque beach party where we had team building fun activities! We ended our evening with cocktail hour and Awards and Scholarship Gala where we provided over 25 awards just to name a few LPN of the year went to Adriane Lash and Pledge of the Year went to Tiesha Gaines and many more. With all the outstanding fundraisers this year we were able to provide 6 scholarships in the amount of \$7,000 helping nurses and nursing students advance their education and careers. We ended this weekend with a spirit filled Soulful Sisterhood Brunch where our own Soror, Rev. Myrtz Dobson dropped some pearls of wisdom, knowledge and inspiration that touched our hearts and souls so we can continue the journey of being caring compassionate nurses. This conference was phenomenal and one for the history books! I am so looking forward to our 2023 Conference hosted by the Lambda Psi Nu Iota Chapter of Pennsylvania.

Sincerely

Beverly Morgan

WELCOME SISTERS

Amanda Keyes
Angela Harris
Angela Hunter-Brock
Anthis Tyler
Antonia Jones
Arden Robinson
Arlene Herring
Asiah McWilliams
Barbara Jerome
Brea Howell
Brittany Harris
Carolyn Gamble-Washington
Cassandra Walker
Cherie King
Christal Bell
Christina McCary
Chrystal Terry
Crystal Starks-Williams
Ctoria Taylor-Mccatty
Dana Mitchell
Danielle Hall
Danielle Potter
Darel Curry
Domini Pearson
Ebony Eldridge
Erica Bullock
Esmey V Alvarez
Inger Jackson
Jessie Shepherd
Jozella Ritchie-Gilyard
Julietta Godeta
Kanisha Ward
Karen Arnold
Katherine Evans
Katherine Shaw
Katrina Gross
Kelly E Stewart
Kendra Francis
Kendra Mayo
Keshia Kilgore
Kimberly Cason

Lakeisha Coleman
Latausha Mills
Laurice Brown
Leslie Joiner
Lorna Cox
Lynnetea Scott
Makeka Cottemond
Martha Saunders
Michelle White
Mona Washington-Jingles
Mondrea Bell
Nancy Louis
Natosha Farrington
Nicole Wallace
Penelope Jenkins
Quinsheita Rivers
Revalee Bolian
Rhonda Neven
Rozalinda Thomas
Shanda Blackmon
Shanika Jones
Shante Davis
Shantranza Gale
Sharee Williams
Sharon Byers
Shawnda Overton
Sherita Davis-Stepp
Shonta Osunnibi
Stacey Harris
Suzanne Daniel
Tamoya Norwood
Tandra Johnson
Tara Andrews
Tiesha Ogwin
Tina Williams
Tonae Atkinson
Tonnetta Ballard
Tonya Blake
Tracy Wilson
Tricia M. Campbell
Trimika Uzzle
Wendy Dillard

Welcome Letter



I'm not the first to welcome our "Line of Abundance" Sisters to Lambda Psi Nu, Inc. However, I am truly honored to call each and every one of you my Sister. I'm sure some of you joined to be apart of something bigger than yourself. Some of you thought of the possibilities this network of EXCEPTIONAL Licensed Practical Nurses will offer you. Others may have thought of the opportunity to cultivate your practice as nurses into something more. You saw gaps in your community that needed help and maybe didn't know exactly how or where to start to facilitate bridging that space. Or perhaps you saw or met Sorors and were inspired or any combination of all of the above and many more of your personal reasons are interwoven into your decision to apply.

As I wrote this letter to you I felt I needed to share what I have found in Lambda Psi Nu, Inc to be. Here you will find you will be inspired daily. You will find the place where you are encouraged to be the absolute best at what you do. If you've ever felt that you are "just a LPN" you'll find that you are definitely much more. Lambda Psi Nu, Inc requires you to be more.

You will be taken out of your comfort zones. You will be required to be unapologetically proud of the profession that choose you to minister in your unique ways. You will inspire someone you've never met. You will make a difference in your practice and communities.

You will laugh and cry but you will never be alone. There is a true bond and sense of belonging in this sisterhood. Your gifts will be nurtured and new ones will be brought to the light. Your weaknesses will be made into your strengths.

You are needed. You are a Key piece of healthcare and in healing those who need advocacy. In a field that that requires passion and dedication more so now than ever. Lambda Psi Nu, Inc will offer amazing opportunities and mentorship. The work is hard but it's worth every late night and early morning. Whether you wear scrubs or plain clothes I can't wait to see what what fruits your line bears in Healthcare and our Sorority.

I pray that you all feel welcomed, loved, and supported. I pray that the days we spent celebrating you all allowed you to feel the sisterhood on which our foundation is built. I pray that as you go back to the various parts of the world that the letters L.P.N. shines brightly in your hearts. Adds more pride and passion to your calling to be a Nurse. We celebrate you in this month! Welcome Line of Abundance

Sincerely,

DaShauna Taylor, LPN, CLHCP
VP of The North Carolina Beta Chapter
Editor and Chief of The Lioness
The National Newsletter of Lambda Psi Nu, Inc



Health & Wellness

The Health And Wellness Committee of Lambda Psi Nu Nursing Sorority Led by Director Soror Tiffine Croom, Co-Chair Soror Kristie Gilner and Committee Chair Soror Kimberly Fisher was honored to Introduce "The Sisterhood Circle" on Sunday June 5th at the 2022 Conference & Line Crossing held in Virginia Beach, VA by our Host Gamma Chapter. We were deeply touched by the warm reception received during the launch and can't wait to serve and carry out the mission and purpose provided by the Health and Wellness Department offered to Lambda Psi Nu Sorors.

The Sisterhood Circle has been formed to create a safe place where Sorors can be themselves, release, feel motivated, empowered, & restored without any judgment. As nurses we often forget to take care of ourselves as we care for others and self-care is long overdue. We would like to thank our President Big Sister Queen Beverly Morgan and The board for trusting our committee to carry out this vision.



The Health and Wellness Committee would also like to thank everyone who supported our Spa Collection Raffle Fundraiser. We were able to raise over \$500 for our department, which was our goal.

We are happy to announce our proud winner Soror Sharron Wright, Mississippi Zeta Chapter! Congratulations Sharron!



Keep up the good work to all those who are in our Fab Fit Sisters Group! Continue to follow healthier eating patterns and stay consistent with your exercise. We are proud of you!

Submitted by

Soror Kimberly Fisher LNC, LPN, CN, CHIH
Health & Wellness Coordinator



WORLD
NARCOLEPSY
DAY SEPTEMBER 22

Don't Sleep On This Health Condition

Imagine being at work, and no matter how hard you try, you can't stay awake. You made sure, you slept for 8 hours, you grabbed your morning coffee, even did some exercise before going to work. All these things should surely give you the energy to make it through the day! However, here you are, eyes closing, yawning, and being tapped by your co-worker, or worse the charge nurse, because you fell asleep. Now your mind is wondering, "what is going on with me?" I know I have always dozed off since I was in about 5th grade, and my teachers just thought I wasn't resting well at night. Often, seeing things that aren't there, and laughter, fear, anger, stress, or excitement can sometimes cause me to lose control of my muscles. Now imagine going through testing and being told you have a diagnosis that does not "fit" what you have described to your doctor and imagine going through this since you were 10 years old. Somehow, you learn to live with all these things, then finally one day, a knowledgeable D.O.N. realizes what may be wrong with you, and says, "I think you have Narcolepsy." This is the reality of someone who I care about very deeply. She is the first person I have ever met in my life with Narcolepsy. I can recall that we never discussed this health condition in nursing school, yet Narcolepsy affects 1 in every 2,000 individuals. According to the National Institute of Neurological Disorders and Stroke, "Symptoms often start in childhood, adolescence, or young adulthood (ages 7 - 25), but can occur at any time in life. It is estimated that anywhere from 135,000 - 200,000 people in the United States have Narcolepsy. However, since this condition often goes undiagnosed, the number may be higher." This is something as a nurse I have taken on as a condition I want to advocate and educate about. There are two types of Narcolepsies: Type 1 Narcolepsy with cataplexy (loss of muscle tone while a person is awake, and is caused by strong emotions, laughing, fear, anger, stress, or excitement. Cataplexy can vary from partial cataplexy which may involve slurring of speech to full cataplexy where a person may experience weakness of the face, limbs, and trunk, which causes them to slump to the ground, while they are awake, they are unable to talk or move.) and the other is, Type 2 Narcolepsy without cataplexy. I wanted to write about this health condition to bring awareness to this subject, and show support, and honor for one of our sorors who has this condition, and bravely everyday gives her best, the Iota chapter Vice-President Monique Burgess. Please take the time to learn about Narcolepsy, educate, and inform, and most importantly learn what Narcolepsy looks like, so we can help identify those who are being missed diagnosed, and help them get on the road to receiving the care they deserve.

By Bloscenia Avent, LPN
President of the Iota Chapter of Pennsylvania
For more information go to www.ninds.nih.gov

Congratulations Are In Order



Our First Youth League Chapters

• NORTH CAROLINA

• MISSISSIPPI

LPN OF THE Year-2022

Adrienne Lash

Volunteer of the Year 2022

Gail Anderson

Community Service Of the Year 2022

Yannesa Ramos

Community Service Of the Year 2022

Lisa Collins Allen

Nurse Educator of the Year 2022

Bloscenia Avent

Largest Chapter of the Year 2022

Mississippi

Newest Chapter of the Year 2022

Lousiana

Entrepeurer of the Year 2022

Monique Burgess

Lambda Psi Nu Scholarship

Adian Lash

Iris Roberson

Jacinda Williams

Latoya Hill

2022 Chapter with the Most Community Service Hours

Virginia Chapter

Nursing Leadership Award-2022

Alacia Hightower

LAMBDA PSI NU YOUTH LEAGUE



President



Vice
President



Secretary



Treasurer



Director



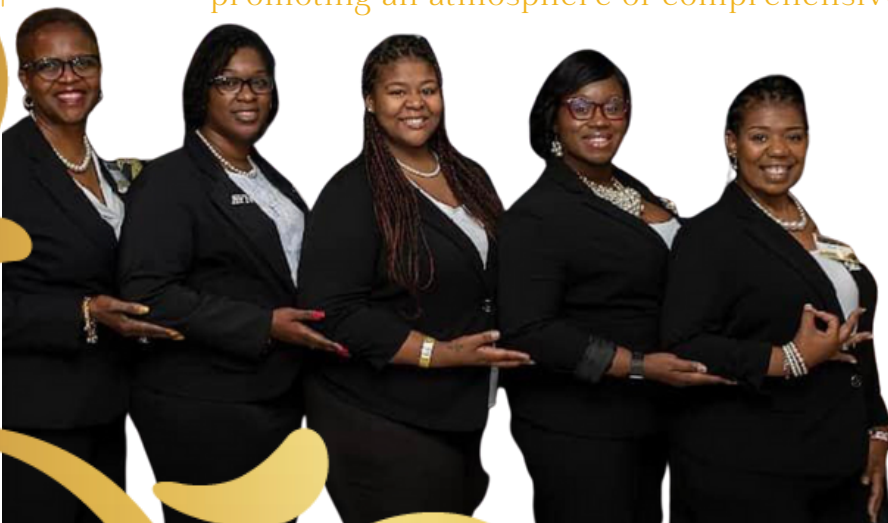
Youth
Ambassador

Our Vision

Lambda Psi Nu Youth League, Inc. is designed to nurture pre-college aged participants. By encouraging the preparation of middle and high school students interested in the areas of nursing, science, technology, engineering, and other healthcare related careers. The organization will ensure students are well-equipped to become productive and responsible citizens.

Mission Statement

The mission of Lambda Psi Nu Youth League, Inc. is dedicated to introducing minority students, first generation college students and economically disadvantaged students to the fields of nursing, science, technology, engineering and healthcare careers through mentoring, tutoring, creating partnerships with community healthcare centers, promoting healthy and active living and promoting an atmosphere of comprehensive development.





Lambda Psi NU, Inc.

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